



HEALTH & HUMAN SERVICES INFORMATION





Health & Human Services

Temporary Assistance for Needy Families (TANF)

Q. What does TANF mean and how can TANF help me?

A. Temporary Assistance for Needy Families (TANF) is the monthly cash assistance program for poor families with children under age 18. There is a four-year lifetime limit on cash assistance. Work is a major component of TANF; adult recipients with a child over age 1 will be required to participate in a work activity. These work activities help recipients gain the experience needed to find a job and become self-sufficient.

Q. Where can I find various programs associating with TANF?

A. The main federal requirement is that states use the funds to serve families with children. A state can set different eligibility tests for different programs funded by the TANF block grant.

Bread for the City - Jane Addams Program

Helps clients apply for food stamps, SSI, Medicaid, and other public benefits. Counsels individuals coping with depression, substance abuse and family problems.

1525 7th Street, NW, Washington, DC 20001

202-265-2400

<http://www.breadforthecity.org>

Columbus Community Legal Services - Advocacy for Elderly Clinic

Provides legal services for low-income elderly residents in DC.

CUA - Columbus School of Law

3602 John McCormack Road, NE, Washington, DC 20064

202-319-6788

Community Family Life Services - WAVE Program

Responds to the needs of low-income young adults who have left high school without graduating.

47 Galveston Place, SW, Basement, Washington, DC 20001

202-347-0511

<http://www.cflsdc.org>

Department of Human Services (DHS) & Family Services Administration (FSA) - Strong Families Program

Provides preventative services to families with multiple, complex problems who are in crisis and at high risk for family separation.



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920-A Rhode Island Avenue, NE, Washington, DC 20018
202-576-3277
<http://www.dhs.dc.gov>

Department of Human Services (DHS) & Income Maintenance Administration (IMA) - Burial Assistance

Provides assistance to low-income families who need help with burial/funeral costs and who meet the eligibility criteria.
645 H Street, NE, Fourth Floor, Washington, DC 20002
202-698-4112
<http://www.dhs.dc.gov>

Department of Human Services (DHS) & Income Maintenance Administration (IMA) - Eckington Service Center

Provides food stamps, Medicaid & TANF benefits to those eligible.
51 N Street, NE, Washington, DC 20002
202-724-5506
<http://www.dhs.dc.gov>

Department of Human Services (DHS) & Income Maintenance Administration (IMA) - Office of Work Opportunity

Assists customers in choosing cost-effective and appropriate training that will lead to employment.
33 N Street, NE, Suite 108, Washington, DC 20002
202-535-1555
<http://www.dhs.dc.gov>

Department of Human Services (DHS) & Office of Work Opportunity (OWO) - Tuition Assistance Program Initiative

Offers a scholarship program to assist eligible TANF customers in obtaining a degree at a local college or university.
2100 Martin Luther King Jr. Avenue, SE, Suite 401, Washington, DC 20020
202-698-1860
<http://seo.dc.gov>

To find out about more programs, please call 202-463-6211.

Food Stamp Program

Q. Can the government help me buy food to eat?

A. The Food Stamp Program is a nutrition program that helps individuals and families buy food and eat healthy. The program provides a monthly sum of money on an Electronic Benefit



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Transfer (EBT) card to be used, like a debit card, at most grocery stores and other food retailers. The Income Maintenance Administration (IMA), a division of the Department of Human Services, runs the Food Stamp Program in the District of Columbia.

Q. Can non-U.S. citizens apply for food stamps?

A. Immigrants and non-U.S. citizens **can** get food stamps if they are **any one** of the following when they apply:

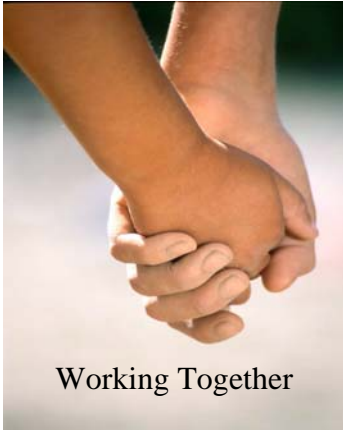
- Lawful permanent residents (LPRs) in possession of a green card
 - Refugees
 - Asylees
 - People granted withholding of deportation or removal
 - Cuban/Haitian entrants
 - Individuals who have received INS parole in the United States for at least one year
 - Conditional entrants, or
 - Certain victims of domestic violence or trafficking
- and one** of the following:



- Children under 18 years of age regardless of when they entered the United States of America.
- Lawful permanent residents who have lived in the United States of America for 5 or more years
- Lawful permanent residents with 40 qualifying quarters of work
- Blind or disabled individuals receiving benefits or assistance for their condition regardless of when they entered the country



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- Veterans or active duty service members (their spouse, unmarried surviving spouse, and unmarried children under 21 are included), or
- Elderly individuals born on or before August 22, 1931 who were legally living in the U.S. by August 22, 1996.

Q. How do I apply for food stamps?

A. To get a food stamp application by mail, call: 202-724-5506, or you can get an application by visiting any IMA office:

Income Maintenance Administration (IMA)		
Hours: M - F: 8:15 AM - 5 PM; Wed.: 8:15 AM – 8 PM		
IMA Service Center	Address	Phone (202) 724-5506
Anacostia	2100 Martin Luther King Avenue, SE	645-4614
Congress Heights	4001 South Capitol Street, SW	645-4525
Eckington	51 N Street, NE	724-8720
Fort Davis	3851 Alabama Avenue, SE	645-4500
H Street	645 H Street, NE	698-4350
Taylor Street	1207 Taylor Street, NW	576-8000
Northeast	3917 Minnesota Avenue, NE	724-7900

Social Securities

Q. What do I need to know about Social Security?

A. There are four important topics you need to know about Social Security.

- Social Security number - The benefits you receive from Social Security are based on the earnings your employer (or you, if you are self-employed) reported using your Social Security number. So it is important that you always use the correct Social Security number. You should get a Social Security number for your children as soon as they are born. You will need their numbers to claim them as dependents on your federal income tax return.



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- Paying Social Security taxes - If you work for someone else, your employer withholds Social Security and Medicare taxes from your paycheck and sends those taxes to the Internal Revenue Service (IRS). Your employer also sends the IRS a matching amount equal to what was withheld from your paycheck. All of your earnings are reported to Social Security by your employer.

If you are self-employed, you pay all your Social Security and Medicare taxes when you file your tax return and the IRS reports your earnings to Social Security. You pay a rate equal to the combined employee/employer share, but there are special income tax deductions you can take that offset your taxes.

- Earning Social Security "credits" - As you work and pay Social Security taxes, you earn "credits" that count toward your eligibility for Social Security benefits (depending on your earnings, you can earn up to four credits each year). Most people need 10 years of work to qualify for benefits. Younger people need fewer credits to qualify for disability benefits or for their families to qualify for survivors benefits.

- Figuring Social Security benefits - Generally, your Social Security benefit is a percentage of your average lifetime earnings. Low-income workers receive a higher percentage of their average lifetime earnings than those in the upper income brackets. A worker with average earnings can expect a retirement benefit that replaces about 40 percent of his or her average lifetime earnings.

To get a free estimate of the retirement, disability and survivors benefits that you and your family could receive, request a Social Security Statement at www.socialsecurity.gov or call us at 1-800-772-1213.

Q. What kind of Social Security benefits can I receive?

A. Your Social Security taxes pay for three kinds of benefits: retirement, disability and survivors. If you are eligible for retirement or disability benefits, other members of your family might be able to receive benefits too.

- Retirement - Social Security can pay you benefits at [full retirement age](#) (with reduced benefits available as early as age 62) if you have worked long enough. The full retirement age gradually rises until it reaches 67 for people born in 1960 or later.



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- Disability - Benefits can be paid to you at any age if you have worked long enough and you have a severe physical or mental impairment that prevents you from working for a year or more. Disability can also be awarded to you if you have a medical condition that is expected to result in your death.
- Survivors - When you die, [certain members of your family may be eligible for survivor's benefits](#).

Q. How do I contact Social Security?

A. For more information, visit Social Security's website: www.socialsecurity.gov or call toll-free, 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1-800-325-0778).



For interpreter services call our toll-free number, 1-800-772-1213, if you speak Spanish press 2, for all other languages press 1, and stay on the line until a representative answers.

Medicaid & Medicare

Q. What is Medicaid?

A. Medicaid pays the medical bills of certain people who have low incomes. If you are 65 or older or disabled, you may be eligible. Also, you may be eligible if you are pregnant or have children. If your income is over the limit, you may still be eligible. This is called Medicaid "Spend-Down". To get Medicaid under Spend-Down, you must have a certain amount of medical bills.

Q. How do you apply for Medicaid?

A. Even if you are over-income, you should apply as soon as possible. To receive a Medicaid application, please call 202-724-5506. If you have questions about Spend-Down, please call the Medicaid Spend-Down Unit on 202-698-4202.



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Q. What is Medicare?

A. Medicare is the federal health insurance program for people 65 years of age or older, certain younger people with disabilities, and people with End-Stage Renal Disease. The requirements for financial assistance are:

- Your monthly income must be less than \$1,603.00 for a couple and \$1,194.00 for an individual.
- In addition, your bank accounts, stocks, bonds, or other resources must be valued at less than \$6,000.00 for a couple and \$4,000.00 for an individual.

The new benefits include the following:

- Yearly mammograms, pap smear including pelvic and breast examinations.
- Diabetes glucose monitoring and diabetes education.
- Colorectal cancer screening, bone mass measurement, flu and pneumococcal pneumonia shots.

The requirements for financial assistance are:

- Your monthly income must be less than \$1,603.00 for a couple and \$1,194.00 for an individual.
- In addition, your bank accounts, stocks, bonds, or other resources must be valued at less than \$6,000.00 for a couple and \$4,000.00 for an individual.

Q. Who do I contact for more information about Medicare?

A. Contact the District of Columbia's Welfare Office 202-724-5188 or the Social Services Office 202- 727-5930, if you qualify for this type of financial help.

Other resources include:

- Health Insurance Counseling Project: 202-739-0668
- District of Columbia Office on Aging: 202-724-5626
- DC Department of Insurance and Securities Regulations: 202-727-8000
- Trailblazers: 410- 316-7511
- Visit the Medicare website at <http://www.medicare.gov>



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Home Care Services

Q. Where do I find facilities to care for the elderly?

A. There are two excellent locations in the District of Columbia for your recommendation.

- Home Care Partners. The Home Care Partners program is a private, non-profit home care agency that provides a wide range of supportive services for elderly, chronically ill, & disabled residents in the Washington, D.C. metropolitan area. Home Care Partners provides the supportive, non-medical home care services most needed to help clients remain in the setting they overwhelmingly prefer — their own homes. Certified Home Care Aides provide Personal Care and Homemaking services including: bathing, dressing, toileting, meal preparation, laundry, escort, personal hygiene, feeding, medication reminders, light housekeeping, shopping/errands and companionship/supervision. Eligibility is that you must be a D.C. resident and age 60 and older. For more information, please call 202-638-2382. www.homecarepartners.org.

- The District of Columbia Caregivers' Institute. The purpose of The District of Columbia Caregivers' Institute (DCCI) is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable D.C. residents. The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. For more information, please call 202-464-1513.



Please contact the Office on Asian and Pacific Islander Affairs at 202-727-3120 if you need language/interpreting assistance.

Q. What kind of advantages can I receive for home care services?

A. There are many services that are of assistance to help the eld-



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erly.

Caregiver Counseling Services. The District of Columbia Caregivers' Institute social worker is available to provide on-going counseling and advice on issues of concern. The social worker communicates with program participants to encourage them to take care of themselves and to make sure they are getting the assistance they need.

Caregiver Educational Activities. The District of Columbia Caregivers' Institute offers workshops on a variety of helpful topics at various locations throughout the city. The seminars, conducted by community experts, focus on many interesting topics. For a schedule of upcoming seminars, contact the Institute at 202-464-1513.

Caregiver Flex Account. Program participants may be reimbursed for caregiving expenses up to a pre-approved amount per month. Expenses must be approved by the District of Columbia Caregivers' Institute staff in advance. To receive reimbursement, participants must submit original receipts of spending by the end of each month.

For more information, contact 202-464-1513.

Q. How can I be eligible for home care services?

A. You must be a DC resident providing uncompensated care for an elder (60 and older) who is also a DC resident. Caregiving must create a financial burden for you. In addition, you must meet two of five eligibility criteria as a caregiver:

- You care for an elderly who needs help because of physical or mental limitations.
- The elderly you care for has low to moderate income.
- You are experiencing stress related to caregiving.
- You need support to assist with caregiving.

The elderly person needs you to avoid being placed into a nursing home or assisted living facility.

Health Insurance

Q. How do I qualify for DC Healthy Families?

A. DC Healthy Families is for families with children under age 19 and for pregnant women who live in the District of Columbia. Family income must be at or below the following:



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DC Healthy Families	
Household Size	Income
1	\$18,620
2	\$24,980
3	\$31,340
4	\$37,700
5	\$44,060
6	\$50,420
7	\$55,780
8	\$63,140

Q. Where can I get more information about DC Healthy Families?

A. Applications are available at all CVS, Safeway, Rite Aid, and Giant stores; Department of Motor Vehicles and Department of Employment Services offices; and libraries in the District. To receive assistance and to have an application mailed to you, call 1-888-557-1116 helpline.

Q. How long does my eligibility last?

A. Your eligibility lasts for 12 months. At least 60 days before your eligibility runs out, you will receive a letter asking you to update changes in your residency, income, and family size. If your residency, income, or family size changes during the 12 months, you must report the change within 10 days. To report a change, contact:

DC Healthy Families
645 H Street, NE
Washington, DC 20002
202-698-4200



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Hospitals and Free Clinics

Q. Where can you find major hospitals in the Washington, DC area?

A.

Georgetown University Hospital

3800 Reservoir Road, NW, Washington, DC 20007

202-444-2000

Interpreter services: 202-444-1588

George Washington University Hospital

900 23rd Street, NW, Washington, DC 20037

202-715-4000

Howard University Hospital

2041 Georgia Avenue, Washington, DC 20060

202-865-6100

Interpreter services: 202-865-5284 (In-house Mandarin Chinese, Cantonese, and Korean interpreters.)

Providence Hospital

1053 Buchanan Street, NE, Washington, DC 20017

202-269-7777

Sibley Memorial Hospital

5255 Loughboro Road, NW, Washington, DC 20016

202-537-4000

Washington Hospital Center

110 Irving Street, NW, Washington, DC 20010

202-877-7000

Language services: 202-877-2100 (In-house Mandarin Chinese, Vietnamese interpreters, and Korean upon request)

Q. Where can I find free clinics in the Washington DC area?

A.

Community of Hope

Services: available for residents of the metropolitan area and the homeless. Offers services for adults, children, HIV patients and prenatal care. Operates on a sliding fee scale - free for those who cannot afford to pay.

1417 Belmont Street, NW



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Washington, DC 20009
202-232-9022

**Department of Health/
Immunization Program**

Free Immunization (Limited
Numbers Seen)

1131 Spring Road, NW
Washington, DC 20010
202-576-7130

Days/Hours: Monday & Tues-
day - 10AM Lead screening
also offered



**East of the River Healthy
Center**

Serves adults and children residing in the Washington metropoli-
tan area. Operates on a sliding fee scale - free for those who can-
not afford to pay.

5929 East Capital Street, SE, Washington, DC 20019
202-582-7700

Appointment: 202-582-1497 or 202-582-1503

Israel Baptist Church

Free Immunization (Limited Numbers Seen)

1251 Saratoga Avenue, NE, Washington, DC 20018
202-576-7130

Days/Hours: 1st Wednesday of each month at 4:30PM, 3rd Satur-
day of each month at 12PM

La Clinica del Pueblo, Inc.

1470 Irving Street, NW, Washington, DC 20009
202-462-4788

Planned Parenthood

1108 16th Street, NW, Washington, DC 20036
202-347-8512

Hours: Monday and Wednesday 9AM to 5PM

Tuesday 9AM to 8PM

Thursday 8AM to 4PM

Friday 9AM to 5PM

Saturday 9AM to 2PM



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Psychiatric Institute of Washington

4228 Wisconsin Avenue, NW
Washington, DC 20016
202-965-8400

Maternal Health Services

Q. Where can women with children and expecting mothers find services in the District of Columbia?

A. The Maternity Outreach Mobile (MOM) Unit offers free pregnancy tests. Applications are available at CVS, Rite Aid, Giant, or Safeway stores and any branch of the DC Public Library. Prenatal care is available at any Public Benefit Corporation clinic.

For transportation, please call: 1-800-MOM-BABY.

To get shots for children, please call the Division of Immunization at 202-576-7130.

To make an appointment for the Women, Infants, and Children program, please call 1-800-345-1WIC (1-800-345-1942)

To get housing or shelter:

Housing: 202-535-1500

Shelter: 202-724-3932

To get emergency food and supplies:

Catholic Charities: 202-526-4100

MCH Resource Center: 1-800-666-2229 (referrals needed)

Salvation Army: 202-546-3130

Developmental Disability Programs

Q. How can I find out more information regarding developmental disability programs?

A. The Developmental Disabilities State Planning Council (DDSPC) believes that all people are created equal and are entitled to have their legal, civil, and human rights respected and protected. The Council is committed to the principles of value, independence, and dignity for all individuals with developmental disabilities and strives to eliminate attitudinal barriers which may prevent these personal outcomes.

It is the position of the Council that individuals with developmental disabilities, and their families, must be given greater opportunities



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to exert control and assume responsibilities for such preferences as where they live, work, and spend leisure time in the community.

For information on the Council State Plan and activities to implement the State Plan, please call 202-279-6085.

Q. Where can I find more information regarding developmental disabilities?

A. For information on developmental disabilities, explore the following resources:

- Parents Advocacy Coalition for Education Rights (PACER Center): www.pacer.org
- National Association of Councils on Developmental Disabilities (NACDD): www.nacdd.org

Free Health Screenings

Q. Where can I go to receive free health screenings?

A.

Free Blood Screening

The DC Department of Health will provide free blood screening for children under the age of 6 but not younger than 6 months; women who are pregnant; and mothers who are breast-feeding whose residences have lead service lines. Select the following link for a schedule of locations and times. Call 202-671-0733.

Breast and Cervical Cancer Early Detection Program

825 North Capitol Street, NE, 3rd Floor, Washington, DC 20002
202-442-5900

D.C. Chartered Health Plan, Inc.

1025 15th Street, NW, Washington, DC 20005
202-408-4710
800-799-4710

Blood Pressure Program

Blood pressure taken on a walk-in basis at any fire station.
202-673-3331



Mayor's Office on Asian and Pacific Islander Affairs
441 4th St. NW 805S Washington DC 20001
Telephone 202-727-3120 Fax 202-727-9655
<http://www.apia.dc.gov>
